

1-12-2015

Iowa State Daily (January 12, 2015)

Iowa State Daily

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Iowa State Daily, "Iowa State Daily (January 12, 2015)" (2015). *Iowa State Daily, January 2015*. 13.
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FLU nked

University encourages students to stay home when sick despite attendance policies, possible repercussions

By Makayla.Tendall,
Danielle.Ferguson
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Central Iowa has been declared the third “sick-est” region in the country by WebMD, and Iowa State is not immune.

Not only has the H3N2 strain of the flu has caused a spike in tissue and ibuprofen sales, it has the potential to lower class attendance in the first week of the semester, a concern the university administration is taking seriously.

The Provost’s office has issued a statement to university faculty and staff asking them to “work with your students who are reporting illness symptoms and encourage them to stay at home.”

David Holger, associate provost for academic programs, said similar statements have been announced in the past for the influenza, and they seemed to reduce the spread of the virus.

“It turns out the best thing you can do to slow down the spread of this, if faculty or staff or students are sick, is if they stay home,” Holger said. “The reason for getting it out right now is because we don’t want faculty members, in particular, creating an environment where it feels to students like if I’m sick, I’ve got

Dr. Cosette Scallion, staff physician at the Thielen Student Health Center, and the Centers for Disease Control and Prevention have some tips on how to treat the flu.

Rest: Get plenty of sleep and rest. Don’t exercise.
Hydrate: Scallion said your body burns through fluids a lot faster with a fever, so drink plenty of water.

Over-the-counter medicine: Take the appropriate dosage of ibuprofen or acetaminophen medication, such as Tylenol, which helps reduce a fever.

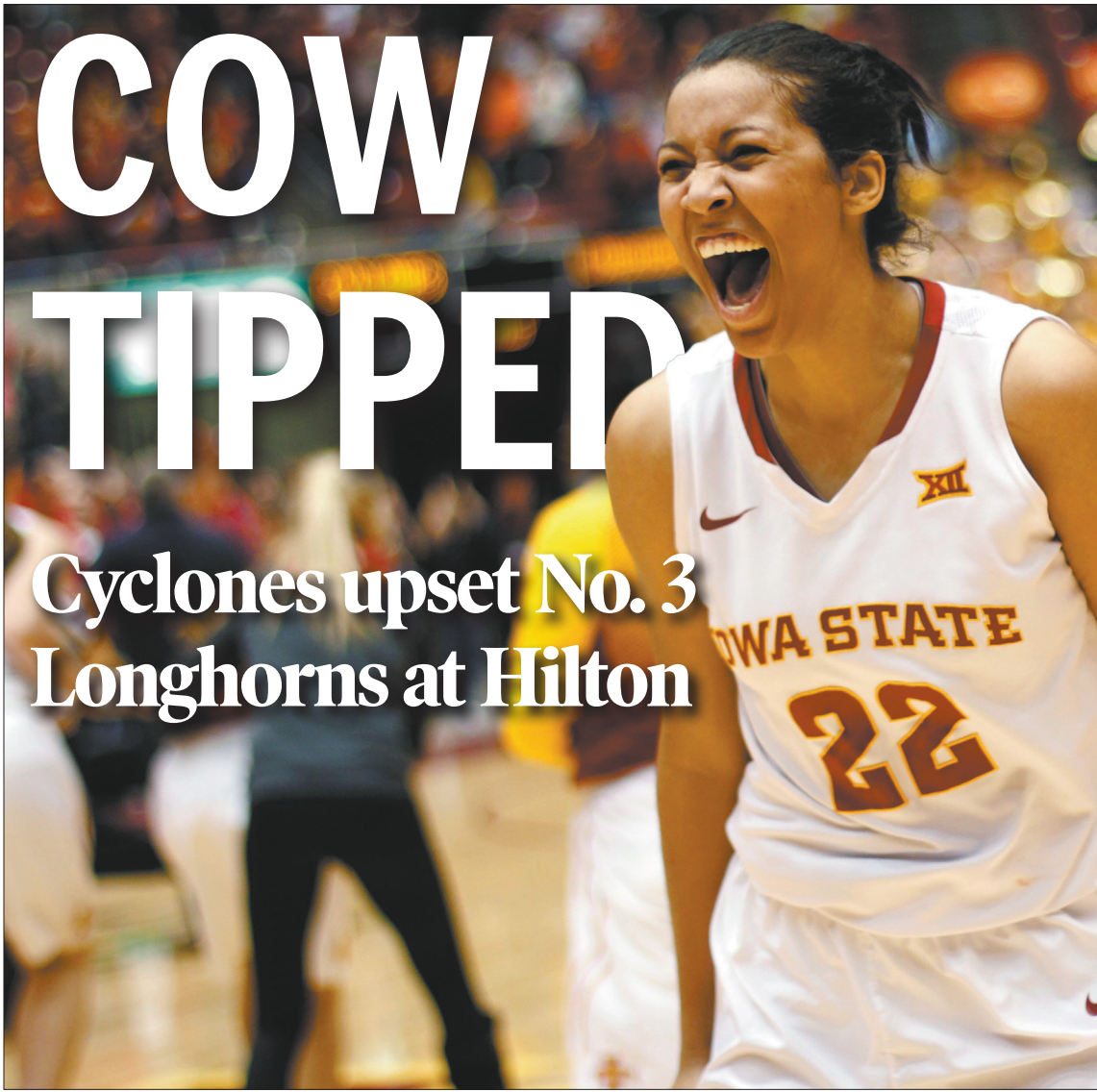
Anti-virals: Scallion said the Health Center limits the amount of anti-virals they prescribe, so a resistance to medication doesn’t develop, but students and faculty who are immuno-compromised should visit the doctor for mediation.

Visit the doctor if your fever persists for more than a few days or if you feel better and then your symptoms return. Your immune system is already weak, so you may have a new infection.

Scallion said students can always call the Student Health Center for information at (515) 294-5801.



FLU p7



COW TIPPED

Cyclones upset No. 3 Longhorns at Hilton

Senior guard Brynn Williamson celebrates with her teammates at Hilton Coliseum after upsetting No. 3 Texas on Saturday. Williamson finished the game with 14 points, contributing to the team’s winning effort.

By Chris.Wolff
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It was not your average game in Hilton Coliseum on Saturday, as the unranked Cyclones (11-3, 2-1 Big 12) took on No. 3 Texas (13-1, 2-1 Big 12).

Usually a top-five women’s basketball program does not get knocked off by an unranked opponent. Usually a team does not come back to win from an 18-point deficit. And typically, if a team scores two points over the final eight minutes of a game, they don’t win.

Despite all of that, the Cyclones were still able to pull off the upset victory against No. 3 Texas. It’s even more impressive considering the fact that the team was without starting point guard Jadda Buckley, who sat out with a lingering injury.

“It’s hard to say something better than ‘special’ or [to] top

‘special,’ and I don’t know what that is but I think it happened today,” said ISU coach Bill Fennelly after the game.

The Cyclones got off to a sluggish start that saw the Longhorns build an 18-point lead in the first half.

The Cyclones were able to cut the lead to 13 by halftime on a last-second three from Brynn Williamson.

Whatever Fennelly said at halftime worked. The Cyclones came out firing on all cylinders after shooting just 25.9 percent in the first half.

The Cyclones started the half on a 7-0 run and never looked back.

By the eight-minute mark, the Cyclones had come all the way back and even pushed the game to a seven-point ISU lead. Then, the offensive struggles returned.

The Cyclones would only score one basket over the final eight minutes, but it was a big one.

After Texas fought back to tie the game at 57, Nikki Moody drove to the left side of the lane before dishing to Seanna Johnson for the eventual game-winning layup.

Texas would have a bevy of last-second looks to take the lead or tie the game in the final seconds, but could not find the bottom of the bucket on any of their attempts.

“It felt like the longest three seconds of my life,” Moody said, after finishing the game with 17 points, eight rebounds and seven assists. “We were fighting for the ball, it kept getting tipped around and I was just praying they missed.”

So, how did the Cyclones manage to steal a victory despite everything being stacked against them?

“I’m not smart enough to put this into words,” Fennelly said. “I think the magic of this program

BASKETBALL p7

More details surface in case of Tong Shao

By Makayla.Tendall,
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New details about the case of Tong Shao, the 20-year-old ISU international student who was reported missing in September, have some in the international community wanting justice.

Shao’s death was ruled as a murder, according to a death certificate issued by a Johnson County medical examiner, “listing the immediate cause of death as asphyxia and the manner of death as homicide,” according to the Iowa Press-Citizen.

An affidavit acquired by GazetteOnline found that Xiangnan Li, a Chinese exchange student at the University of Iowa and the main person of interest in the death of ISU student Tong Shao, had overheard Shao complaining about him to another man over the phone.

Detectives spoke with Li’s friend, Karen Yang. The affidavit stated that Yang spoke with Li every week or two.

On Sept. 3, 2014, Li called Yang unexpectedly because he was upset over what had just happened — Li had called Shao, who must have answered the phone accidentally but did not realize it, according to the affidavit.

The line was open for about 30 minutes and during this time, “Li listened in to the conversation Shao was having with another male. During this overheard conversation, Li heard Shao complaining about Li and saying things about him that were not nice,” according to the affidavit.

Li was named the main person of interest after Shao’s body was found in the trunk of her Toyota Camry where Li lived at Dolphin Lake Point Enclave in Iowa City on Sept. 26.

Shao’s friends said she had gone to Iowa City to visit Li, her boyfriend, for the weekend of



Shao

Sept. 6-7.

A text message from Li’s phone was sent to Shao’s friends in Ames on Sept. 8. The message said Shao was texting from Li’s phone because her phone was dead and that she was taking a bus to Minnesota to visit friends, while Li flew back to China for an emergency. The message said that Shao would keep Li’s phone with her.

Police were not able to find any records that showed Shao took a bus to Minnesota, according to the affidavit.

After Shao’s friends and family were not able to contact her for a week, they reported her as missing.

Li flew out of the Cedar Rapids, Iowa, airport Sept. 8 and arrived in China on Sept. 10, according to the affidavit. However, phone records show that the text sent from Li’s phone to Shao’s friends was sent while he was on a layover in Chicago, which conflicts with the text message that said Shao would keep his phone and that they were in Iowa City, according to the affidavit.

On Sept. 9, Yang contacted

SHAO p7



Tin-Shi Tam, music professor and the university's carillonneur, plays Christmas-themed tunes on the carillon at the Campanile on Dec. 10. Tam plays the carillon every weekday at noon for students and staff on campus. Charlie Coffey/Iowa State Daily

Knuckle down on carillon

Students have opportunity to learn how to play Campanile bells

By Wendy Cardwell
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Each day when the clock strikes noon, the bells of the Campanile echo all throughout campus for students and staff to hear.

Tin-Shi Tam, music professor and the university's carillonneur, is to thank for those tunes.

She is also the reason numerous students know how to play the carillon.

Tam started working at Iowa State in 1994. Since then, she has taught thousands of students the practice of playing the carillon.

"I was introduced to this instrument when I was at graduate school at the University of Michigan," Tam said. "I heard the bells and thought it was extreme-

ly intriguing. I took a tour and immediately began to take lessons."

According to the Iowa State University Department of Music, Edgar W. Stanton, who graduated with the first class in 1872, donated the bells of Iowa State.

When his wife died in 1895, he established a free-standing tower with a chime of 10 bells. In 1929, 26 bells and a playing console were added in memory of Stanton when he passed.

All ISU students are welcome to take carillon lessons. These lessons provide one credit each semester.

Students are given 30 minute private lessons one day each week for a whole semester. There is no need for students to have a musi-

cal background.

"You absolutely do not need to have a musical background," Tam said. "The only thing that will help is if you are able to read music, but it is not required."

Carillon players use their knuckles to press down, instead of their fingers like on the piano.

"Coming into freshman year, I was able to play the piano very well," said Erin Reger, senior in accounting. "One thing that is significantly different about playing the carillon is that instead of your left hand playing the base cleft, your feet do. Both your hands then play the treble cleft."

Although there are up to three concerts a semester, the carillon students are required to play in a

concert, while Tam plays two concerts earlier in the semester.

The latest concert was Dec. 12, and featured current carillon students Cayla Cunningham, Johnathan Germick, Nathaniel Han and Erin Reger.

A few songs they performed include, "We Wish you a Merry Christmas," Lady Gaga's "Twist with a Twist" and "Image Number Two."

"We're all playing different parts of the song at the same time," Reger said. "I might be playing one note when the person on my right has to play that same note a second after me, so I have to be sure to get my hands out of the way."

This year, Reger is a graduating senior, so she will be performing the grad-

uating bells of Iowa State at the concert.

At the end of each semester, each carillon student must present a final project.

In previous years, students have related the project to their major. A mechanical engineering student might build a model of the Campanile with the bells included.

Other students have baked cakes in the shape of the Campanile.

"In the beginning of the semester, we took a carillon field trip to the University of Nebraska-Omaha, to visit their Campanile," Cunningham, junior in elementary education, said. "During that trip, I took numerous pictures to create a YouTube video that is about five and a half minutes long.

Dr. Tam helped me create background music for the carillon. I also have included an essay and news letter with my project."

Each semester, the carillon students take a field trip to different carillons.

Since some of the students have been playing for a few years, they have been able to visit all of the carillons located in the Midwest.

There are three in Minnesota and one in Nebraska. Most of the carillons in the Midwest are located inside of churches.

"Playing the carillon is so unique," Cunningham said. "My favorite part is being able to have access up in the Campanile to play my songs at night. It is so cool to be playing in the Campanile without having anyone know who is playing."



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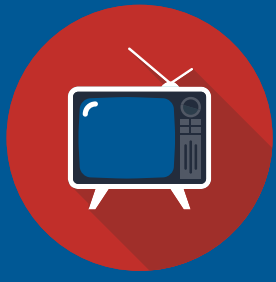



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School after graduation

Time required for post-college plans

By Kelly.Schiro
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There’s only one semester left for graduating seniors, but the time for making after-graduation plans should begin 18 months earlier. Juniors should be thinking of whether they want to jump into the “real world” after graduation or continue school.

When preparing to apply for school beyond undergraduate school, students can gain experience, get involved with clubs, earn helpful letters of recommendation and develop leadership experience.

Health professional school

Emily Olson, academic advisor and coordinator of pre-health and pre-medical programs, said students should start preparing for medical school or other health studies beyond graduation as soon as they can, so they can complete requirements.

“It’s also important, as early as you can, to start getting different shadowing experiences, so you can [see] what people in the different areas do, so you really get an idea,” Olson said.

Students can also gain experience through research.

The medical, dental and pharmaceutical fields tend to be similar in requirements, while students in other fields have to pay attention to the specific requirements as they progress further in college.

“Typically, the first classes that students take, the biology and chemistry classes are the same,” Olson said. “It’s what’s required in terms of upper level courses that vary.”

Professional schools will be looking at GPA, both cumulative and science GPA. If there is a trend in GPA, they want to see an upward trend.

They also look at standardized test scores, whether that be the MCAT for medical school or the OAT for optometry school. Different professional schools may have different tests that they look at.

Olson said students should take the exam after they have finished the coursework included on the exam, typically at the end of their junior year.

Students should apply between junior and senior year. Developing a personal statement that goes above and beyond helping people is crucial, Olson said.

Law school

Bruce Allen, academic/pre-law advisor in the College of Liberal Arts and Sciences, said students should know the answer to two questions: Why do I want to go to law school, and what is the reality of becoming a lawyer?

Criteria for admission includes the LSAT, cumulative GPA and any transfer institutions, letters of recommendation, personal statement and extracurricular activities, especially activities that would allow a student to show leadership experience.

“Students can pursue any major that they want,” Allen said. “Law schools, at this point, really have no preference in terms of individualized major.”

While most students are in political science, some students who are pre-law are majoring in business or even engineering.

Allen said students often don’t declare pre-law until their sophomore or



Charlie Coffey/Iowa State Daily
Students who are preparing to apply for health professional school, law school or graduate school may purchase study booklets at the MU Bookstore to prepare for upcoming standardized tests. Junior year provides students an opportunity to develop post-graduation plans.

even at the beginning of their junior year. The pre-law program offers resources for interested students.

Students have different preparation options, going to website directly and taking practice tests, as well as taking an LSAT test prep.

Many students do prepare on their own, Allen said. They should take the test 12-18 months before they go to law school.

“The best recommender is someone that a student has done work for through independent study, through research in a course, [like] a teaching assistant, or if they’ve been involved in a club and the advisor can write good recommendations,” Allen said.

Allen said it’s also important to be involved on campus in leadership positions, they could even take on the form of mentoring or tutoring.

Iowa State has a special program with Drake and the University of Iowa, where students can complete up to 90 credits at Iowa State

and then they will transfer to law school at either Iowa or Drake.

“The courses not only count for the first year of law school, they will transfer back and also help them complete their degree,” Allen said.

Graduate School

“There’s a possibility of [graduate school] to be less structured than undergraduate programs,” said Judy Strand, program coordinator for Iowa State’s Graduate College.

With classwork, students might be expected to do more research and independent study, rather than being told what they need to do.

Students must also take more responsibility for completing the program, Strand said.

The two different levels of graduate programs include a master’s level and a Ph.D. level, as well as a certificate.

Within the master’s program, there is an option to do coursework only, or

students can complete a thesis.

The Ph.D. program involves a dissertation that has a research component. Ph.D. students have to appear in front of their major professor and four committee members to defend the dissertation.

“They would ask questions to the student as to what their research methods are, why they chose this and how they did their analysis,” Strand said.

Before enrolling in graduate school, Strand suggests students know what they want to do with their graduate degree. Will it help the student get a certain job or help them with a goal?

Students should also spend time researching what the requirements for the program are, such as a certain undergraduate degree or specific coursework.

Like other pre-professional schools, graduate schools have different admission requirements. Students often have to take

either the GRE or GMAT, for business areas.

Students can look all over for graduate programs. Lately, there has been expansion into concurrent programs, where students can work toward an undergraduate degree and graduate degree with an extra year or two at college.

“There’s a new focus on graduate education and so we’re really looking at trying to increase our graduate enrollment,” Strand said.

Junior year is a good time to figure out if continuing school is what students want to do.

During junior year, students have the flexibility to get required coursework done and it also provides time to look for research programs that will help with admission.

The best resources for pre-professional schools and graduate schools are their websites and advisors.

The schools themselves can give the best information.

Board of Regents selects firms to help public universities save money

By Danielle.Ferguson
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The Board of Regents has selected two consulting firms to help carry out potential cost-saving measures found from the first two phases of the efficiency study at Iowa’s three public universities.

The Board of Regents issued two Requests for Proposal in November for firms to assist with the implementation phase of the Transparent, Inclusive Efficiency Review, or TIER. The two firms selected are Huron Consulting and Chazey Partners, according to a board release.

Deloitte Consulting helped the board identify the 12 cost-saving measures

in the areas of human resources, IT and Finance, but the board chose not to continue to use Deloitte in the implementation phase of the efficiency study. The board gave the universities the option to suggest their own implementation methods for the human resources, IT and finance cases. The board will use the universities’ implementation suggestions for those areas.

Huron Consulting Group was chosen to enact the sourcing and procurement business case, the goal of which was to look for ways to strengthen buying goods and services for the universities.

Chazey Partners will advise the universities during implementation and

will also provide assistance when resources or deeper analysis is needed.

“The universities really stepped up to the plate and embraced the concept behind the need to transform and provided solid plans,” Regent Larry McKibben said in the release. “Chazey Partners experience with transformational projects such as these will lend great support to these efforts.”

Huron’s total professional fees for the Procurement Function Review and Strategic Sourcing Savings Validation will be \$385,000. Total professional fees for implementation of strategies and actions will be final once reviews are completed and recommendations are assessed by the board, according to Huron’s 92 page proposal, though estimates in hourly rates range from \$150 to \$425, depending on the project function.

If the estimated hours and estimated hourly rates are used, Huron’s services could amount to \$3.8 million, with one of the seven project functions not included in the total because the firm hadn’t determined hourly rate.

Total fees, including

expenses, for Chazey Partners services are estimated to be \$660,658 for the 12-week engagement period, according to Chazey’s 62 page proposal.

Details on Iowa State’s proposal can be found here.

Top priorities in the ISU proposal for human resources are making the payroll core system more efficient and accountable, a shared services model that improves efficient transaction processes and provides more support in hiring processes and an integrated campus human resources.

Iowa State’s IT proposal includes a six-step process to combat potential security breaches, though that wasn’t a main focus in the efficiency review.

Iowa State has a dispersed IT system, meaning different colleges and departments have separate IT centers. Part of the review would change that to a central system, which Lackey said may be helpful in increasing data security.

“A single security incident can cost millions of dollars, quickly negating any savings gained through efficiency efforts,” the proposal states. “In addition,



Kelby Wingert/Iowa State Daily
Regent Larry McKibben advocates for a third year of in-state tuition freezes for the three public universities Dec. 3 at the Alumni Center. The Board of Regents unanimously voted in favor of continuing the tuition freeze.

given the national attention on the recent Sony data breach, we anticipate heightened data security requirements for research funding, especially subject matter that involves sensitive data or export control.”

The regents began the efficiency study in early 2014. The study, broken into three phases, aims to save the universities time and money by making processes in administrative and academic areas more efficient.

Deloitte found that universities could save between \$30 million and \$80

million.

Twelve proposals were found in the administrative areas in October 2014 and eight were chosen to implement in November.

The board is reviewing proposals submitted by consulting firms for the academic portion of the efficiency review. Finalists will meet with the board leadership, university provosts and faculty leaders from each campus during the week of Feb. 9. A firm will be selected by Feb. 13, with the review to begin in March, according to the release.

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TURNING A BLIND EYE

NYPD officers neglecting their duties after feeling scorned is unacceptable

By Stephen.Snyder
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Following the murder of two New York City police officers, Rafael Ramos and Wenjian Liu, and the subsequent and ongoing argument between their fellow officers and New York City Mayor Bill de Blasio, the N.Y.P.D. seems to be employing a new tactic for expressing their frustrations.

Rather than the officers simply turning their backs on de Blasio as he speaks at funerals — something that I hope he won't have to do again in the coming months — they have unofficially initiated a work slowdown. The police officers are still responding regularly to serious crime, but in what is deemed "broken window" offenses, which means that small time offenses are being overlooked.

Examples of the slowdown can be seen in the total lack of parking tickets issued and a decrease in citations for subway turnstile jumpers. As reported by the Washington Post, there were zero parking tickets issued in the Coney Island precinct and only three arrests for subway fare skippers. Last year, during this particular week, there were 400 such arrests.

The city is losing a fairly sizable sum of money in parking tickets alone, but the feeling of the New York Daily News is that officers may not be sweating those losses, due to an ongoing contract dispute with the city, the contract they are currently working under expired in 2010.

So this could mean that if you're, oh, I don't know, selling loose cigarettes on Staten Island, you probably won't be arrested, much less ille-

gally held in a chokehold and killed as a result.

So who exactly is suffering as a result of this police slowdown? Certainly not the petty criminals and traffic violators of New York, nor the publicly intoxicated or publicly urinating, they're getting off free and easy.

Maybe instead, it's the families of the 11 people who were murdered last week. Maybe it's the 361 victims of reported robberies. Both of those numbers are up from this particular week last year, according to the New York Times. One week hardly represents a trend, but the possibilities are more than disturbing.



Infographic: Richard Martinez/Iowa State Daily

The decreased police presence — or at least the decreased enforcement — must be noticeable to all citizens by now. For some citizens, this will bring a sense of relief, while for others, it will bring a feeling of fear. Most regrettably, — as the rise in robberies and murders has already shown — it will instill some a sense of opportunity.

As noted by Emily

Badger of the Washington Post, the N.Y.P.D. might have entrapped themselves in a losing situation.

"If serious crime does not rise while police allow minor crimes to slide by, that would offer more evidence that such aggressive policing isn't essential to maintain public order ... Now, what if crime rises? That alternative scenario would look arguably even worse for the police, as it would illustrate that their union is willing to sacrifice public safety in a standoff with the mayor," says Badger.

I do not claim to know how officers Ramos or Liu lived their lives and I do not know how they would view the current actions of their fellow officers, who all vowed to protect and serve, but I do like to imagine that I have some idea of how they viewed their work while they still served the people of New York City.

I choose to believe that they did their jobs out of a sense of right. I chose to believe that they loved their city and its people. I chose to believe that they would be against this slowdown, especially if it is tied to their names.

Every police officer knows that they have a difficult, if not the most difficult job in this nation. It is often thankless and too often results in tragedy. However, each one of them must have understood the risks in front of them, even as they were initially pursuing their careers. To exhibit caution in policing a populous that you feel has shown you extreme disdain is one thing, but to engage in what amounts to a refusal to perform your vital and highly important duty in the face of scrutiny, is an outright failure.

EDITORIAL

Let leftover meals go to a good cause

One day during last semester, Cody Neltner, freshman in electrical engineering, sat down with his friends and discussed a problem faced by many ISU students, having meals from this purchased meal plan go unused at the end of the semester. But Neltner was not ready to accept the simple answer of just giving them up to the university after the fall semester's finals were completed.

Neltner and his friends thought of an idea to make our university better and provide another option for students with leftover meals. Neltner, along with help from his friends and ISU Dining, is in the process of developing a plan for some leftover meals to go to charities like local food banks at the end of each semester.

"I guess one reason why I want to do this, I saw an opportunity at Iowa State to feed the hungry that I just couldn't pass up. I mean it'll be a little bit of work at first but I think the rewards will be worth it in the end," Neltner said.

The solution to leftover meals at the end of each semester is not a simple one. ISU Dining counts on leftover meals, or what Director of Campus Dining Nancy Keller calls the "missed meal factor." While students do not take advantage of every opportunity to eat during the semester, ISU Dining still has to pay for the lights to be on and labor costs to keep the dining centers open just in case. This is what the missed meals — about 20 to 21 percent of the students' total purchased meals — goes to pay for.

Because of this "missed meal factor," Neltner and ISU Dining have to strike a balance between donating as many meals or dollars as possible while not impacting the meal plan prices for students. Keller said another challenge is not only developing a way for students to donate that is simple and easy, like a computer program, but also paying for the system. Despite these challenges, charity programs like this have found success at other, but smaller, schools.

One example of these schools somewhat close to Iowa State is Truman State University. During its fall 2014 drive, Truman State got about 30 percent of its 2,500 total students with meal plans to donate and raised \$12,668.94 for charity with their leftover meals. If a small school like Truman State can make that much of an impact, imagine just what students at Iowa State can do for the Ames community.

ISU Dining also has a successful history of donating meals to charity. Students at Iowa State with meal plans were able to donate to Haiti after a devastating earthquake and Oxfam. Keller said about 10 percent of students with a meal plan chose to donate.

Neltner said his program is still in the process of being planned. He hopes to donate actual food, rather than the price of the meals to local charities and food banks. Keller said this would be possible because Iowa State has a warehouse to help store food for the charities.

"Personally, I know it's going to be a little bit more work but I would like to see meals go toward the charities, that way it directly impacts feeding the hungry. It kind of lets students, I think, see a lot more where their donations are going where as a check, it could use it for operation costs or other things," Neltner said.

Neltner hopes to get the plan up and working for the end of this semester. He said he will be sending out surveys to find out if students are likely to participate and to which local charities and food banks the money will go. Several food banks and charities have responded positively to the idea.

Neltner said he will meet with the Inter Residence Hall Association this month to hopefully get its approval and move forward with the project. Despite the challenges of getting the program up and running, the benefits to this seem to highly outweigh them.

Iowa State and its students have the opportunity to directly impact others in our community in a positive way. This meals for charity program is an opportunity to become an even larger part of the city of Ames and its citizens.

We not only support Neltner and ISU Dining in the development process, but hope students will participate if and when the program is put in place. This solution will be most beneficial.

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Spring Break is just around the corner

By Zoe.Woods
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Well, Winter Break is over and the time to relax and enjoy the time off is done. Now, is the time to hunker down and finish out the year strong. At least, until Spring Break.

Believe it or not, Spring Break is already just around the corner, leaving one vacation just to be near another. So what will you do with only two months between you and a week of freedom? There is always the ever-classic trip down to Panama City, Fla.

Every year, there are be-

tween 1.5 and two million students who go on Spring Break, and collectively spend over \$1 billion.

Where do a majority of students spend their Spring Break? More than likely, at the number one U.S. Spring Break destination, Panama City Beach, Fla. The beach attracts nearly half a million spring breakers every year, according to pcbeachspringbreak.com.

I like to think of Spring Break as the vacation that rings in warmer weather, so Panama City might be the perfect place for you to soak up the sun, party, and drink to your heart's content.

On average, college students consume six drinks per week. On Spring Break, however, men and women consume at least 10 drinks per day, so things can get a little crazy down there, like someone dying from falling off of a balcony, which happens every year, according to dosomething.org. So when you combine drinking and the definitive occurrence of death, it makes for one wild spring break.

For me though, I prefer a quieter way of welcoming the warm weather to this cold and snowy place. I will be enjoying the peace and quiet of nature in the Great Smokey Mountains in Tennessee. There, with

nothing but a tent and sleeping bag and the stars as my guide — well actually, a compass and a map — I will be totally immersed in nature.

Can you imagine? Waking up to a breath-taking sunrise just outside the mouth of your tent. Hearing nothing but the sounds of birds and the babbling of a creek nearby. Lying in a hammock soaking it all in as the breeze rocks you to sleep.

I will admit, it may not be as warm as Florida, or as crazy as Panama Beach, but it will be a lot warmer than Iowa and it will be just the medicine I need to finish out my year at Iowa State.

Cyclones overcome foul trouble in win

By Max.Dible
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Revenge is a dish best served cold.

In February of 2014, West Virginia bullied its way to a 25-point rout of Iowa State. 11 months later to the day, the Cyclones returned to Morgantown, W.V. with hopes of avenging the worst loss of one of their best seasons in recent memory.

Iowa State (12-2, 2-0 Big 12) found redemption in the form of a 74-72 victory against West Virginia (14-2, 2-1 Big 12) on Saturday.

While the scoreboard saw drastic changes from the previous year's contest, the game style was similar. Iowa State navigated its way through a minefield of physicality and full-court pressure that lasted the full 40 minutes, and limited numerous ISU starters by way of foul trouble.

"We never really got into an offensive set or flow tonight, so we were really trying to get them out of their press," said junior Georges Niang, who followed up two dreadful offensive performances in the two previous outings with 16 points on 50 percent shooting. "That did not happen, so whenever we could get layups, we were taking them where we

could."

High percentage opportunities abounded for the Cyclones against the relentless pressure employed by the Mountaineers, but so did turnovers.

Iowa State frequently earned quality offensive looks throughout the game, shooting 50 percent as a result, but handed 18 extra possessions to West Virginia via turnovers when failing to manage the chaos.

Part of the turnover problem was exacerbated by ISU foul trouble, which plagued the Cyclones beginning late in the first half. All five ISU starters were whistled for three fouls by the 13-minute mark in the second period.

Niang picked up his fourth foul with roughly 11 minutes remaining in the game. He was followed promptly by senior Dustin Hogue, who incurred his fourth with just under 10 minutes to play.

On a night when ISU fouls outnumbered field goals by a margin of 27 to 25 and protecting the ball was paramount, perhaps the most significant whistle was blown against sophomore point guard Monté Morris, as he was hit with number four at the 8:25 mark.

Iowa State struggled mightily to protect the ball in Morris' absence, as the

Cyclones' lack of a true back-up point guard was highlighted as a glaring weakness for the first time all season.

"It would have been very difficult for us to win had we lost both [Morris and Niang]," said ISU coach Fred Hoiberg. "I felt I had to have one of them in there, at least one of them."

Junior Naz Long, sophomore Matt Thomas and senior Bryce Dejean-Jones all played roles handling the ball in the absence of Morris and Niang, but taken out of their usual game, the three guards combined for nine of the 18 ISU turnovers and tallied only 13 points among them.

When Iowa State found itself in desperate need of offensive production, it was redshirt junior Abdel Nader who answered the call in much the same way as he did in the Cyclones' last true road game at Iowa.

Nader poured in 19 crucial points to lead Iowa State, including seven of the team's final 13 and two clutch free throws with 13 ticks left on the clock, which bolstered the Cyclones to a



Blake Lanser/Iowa State Daily
Redshirt junior Abdel Nader makes a move to the basket during Iowa State's matchup with Oklahoma State on Jan. 6. Iowa State defeated both Oklahoma State and West Virginia to open its Big 12 schedule.

73-70 lead.

Redshirt junior Jameel McKay also made his presence felt in a game that was tight throughout, sporting a line of six points, seven rebounds and five blocks, despite suffering from a back injury that Hoiberg said has limited the ISU defensive anchor in practice.

"I am just so proud of our guys, especially Abdel Nader," Naing said. "It just goes to show you have so many guys who can come in and make a play."

Every made shot and every stop was key for Iowa State, as the WVU press allowed the Mountaineers 18 more field goal attempts than the Cyclones. Despite the lopsided attempt num-

bers, Iowa State netted three more buckets than West Virginia. The difference in efficiency proved a deciding factor in Iowa State's second consecutive two-point win in Big 12 play.

Iowa State next takes the floor Wednesday at Baylor. Tip off is set for 8 p.m.

Cyclones take seven matches with bonus points in 41-3 victory

By Beau.Berkley
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In the world of collegiate wrestling, bonus points can be hard to come by, but that wasn't the case at Hilton Coliseum on Sunday.

The ISU wrestling team downed Penn by a score of 41-3, winning seven matches with bonus points, including three by way of fall and one technical fall.

"We can't give up bonus points and when we get a chance to get bonus

points, we have to go get them and so they're going to be huge on both sides for both teams," said ISU coach Kevin Jackson.

Kyven Gadson began the bonus point spree at 197 pounds, notching a major decision before heavyweight Quean Smith came out and scored another major decision for the Cyclones.

Freshman Dante Rodriguez picked up a pin in the first period of his match and seniors Luke Goettl and Michael Moreno followed

suit thereafter, adding two more six-point victories to an already lopsided dual.

For Moreno, it was the first time he's seen competition, since placing third at the Cliff Keen Las Vegas open in December 2014. The 165-pound All-American sat out the Southern Scuffle on Jan. 1-2.

If Moreno was experiencing any discomfort or lag in his first match back in over a month, it certainly didn't show.

Moreno tallied seven points before scoring the pin in the second period. While taking time off is never something he enjoys, Moreno said the break needed to happen, despite some goals he had set for himself.

"I've been excited to get back and the break was something that needed to happen. I just needed to get my body right," Moreno said. "Being a competitor, I don't like taking time off like that. Sitting out a big tournament like the [Southern] Scuffle, especially after last year's Scuffle, where I had a terrible tournament, I was really looking forward to getting back to that."



Sam Greene/Iowa State Daily
Redshirt sophomore Gabe Moreno pushes Penn sophomore Quinton Hiles into the mat. Moreno won the match and continued Iowa State's run to victory against Penn. The team competes next Sunday at Hilton Coliseum.

The only damper on the Cyclones' near perfect outing came at 174 pounds, as Tanner Weatherman was unable to score a takedown in a close 3-2 decision.

"He got dinged a little bit in the Scuffle, but I still think that he had a chance to probably win that match, if we had a couple better scoring opportunities," Jackson said. "I know he's really disappointed in that performance, but he'll come back stronger, healthier and we'll look for him to resume who he really is on the mat."

The Cyclones return to the mat at 2 p.m. Sunday at Hilton Coliseum against Virginia Tech as part of the "Beauty and the Beast" event, in which both ISU wrestling and gymnastics teams compete at the same time.

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Take Care of Yourself!

Get plenty of sleep, eat a nutritious diet and avoid high stress levels.

Cover Your Cough!

Cover your nose and mouth with a tissue (or your elbow) when you cough or sneeze. Wash your hands after!

What do you do if you Get the Flu?

Stay Home!

Stay home until your symptoms subside.

Rest!

Rest, drink plenty of fluids and consider an over-the-counter medication to help with your symptoms.

Most cases of the flu won't require a visit to the doctor. Call your doctor if you experience worsening symptoms like: increased cough with shortness of breath or periods of prolonged fever greater than 101°F that aren't relieved by taking over-the-counter, fever-reducing medications.

For all your health needs, visit the Thielen Student Health Center at **CycloneHealth.org**



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BASKETBALL p1

came out today.” It was a tale of two halves for the Cyclones. After shooting only 25.9 percent in the first half, the Cyclones were able to shoot 51.9 percent in the second half. Shots started falling for the Cyclones and the Texas offense went ice cold. The Longhorns shot a measly 21.1 percent in the second half.

The combination of the Cyclones heating up and Texas cooling down led to the fans at Hilton Coliseum getting back into the game, which Fennelly and Brynn Williamson, who finished with 14 points, said played a big factor.

“The credit goes to our fans,” Williamson said. “You’ll never understand how loud it got on that court.”

It was a special day beyond just the win. The upset came on a day when a number of former ISU women’s basketball players were in attendance to honor Fennelly’s 20th year at Iowa State.

“It’s one of those, if you wrote this out the way it happened and took it to Hollywood, they’d laugh at you,” Fennelly said.



Charlie Coffey/Iowa State Daily Senior guard Nikki Moody breaks through the Texas defense before making a basket during Iowa State's upset victory over the No. 3 Longhorns on Saturday at Hilton Coliseum. The final score to the game was 59-57.

FLU p1

to go to class.” Kevin Schalinske, Faculty Senate president and professor in food science, said he is mindful of students’ needs and has also seen faculty be receptive to changes in attendance policy during flu season. “I’d like to think if [the statement] came from the Provost’s office, faculty would pay attention,” Schalinske said. However, Schalinske said those attendance policies are in place for a reason.

There are many classes that have strict attendance policies because it is the best way for students to learn the material, he said. Students in hands-on classes such as labs or world languages that are not lecture-based will quickly fall behind if they do not attend class, Schalinske said.

“I think faculty are well-intentioned, saying if you want to do well in this class, you have to attend,” Holger said. “Faculty members always have the flexibility to relax those policies if they want to. Occasionally, a situation will arise where there’s an appeal. We’ve typically been able to resolve those.”

Ryan Peterson, graduate in political science, said he woke up Friday feeling sick. He said he’d like listen to the university administration and stay home, but has to see what professors say first.

“It would depend on the class and the professor,” Peterson said. “In political science, most professors I know, if you send them an email, they’re pretty flexible about it. They don’t want you there if you’re sick and they’re not going to count it against you.

Holger said communication between instructors and students is key during this time of year, so it doesn’t seem to instructors that students are skipping

intentionally. That communication is even more important since instructors are not allowed to ask for a doctor’s note and Thielen Student Health Center is not handing them out. Dr. Cosette Scallon, staff physician at the Student Health Center, said if they provided doctor’s notes the center would be inundated with students who are not sick anymore, but want a note to excuse their absences.

“We’re actually seeing people after the fact that want a note,” Scallon said. “We need to be seeing people who are actually sick. If a person is sick, the best thing is to stay home and we’re not going to do anything different, then they don’t want to drag themselves in here anyway just to be told to stay home and drink fluids.”

Scallon said that although WebMD ranked Ames and Des Moines as the third sickest cities across the nation, she does not think this flu season is any more harmful than other seasons.

“Some years are better and some years are not. There are about 20,000-30,000 deaths from the flu a year. It’s got more publicity. Everyone’s freaking out about it,” Scallon said, who also said she and other Health Center staff members have already had the flu.

Though there have been three flu-related deaths in Iowa this flu season, the Centers for Disease Control and Prevention said estimating the actual deaths caused by the flu is difficult.

Scallon said the best ways to combat the spread of the flu have not changed, and the Provost’s office worked with the Health Center to create a list of tips:

- Wash hands frequently or use alcohol-based hand sanitizers
- Avoid touching your



Courtesy of Thinkstock Iowa State University is preparing for a potential decrease in classroom attendance, due to the recent flu outbreak. Students who are sick with the flu are encouraged to stay home and not attend class.

- face, eyes, nose, mouth
- Clean and disinfect frequently touched surfaces
 - Avoid close contact with persons who are ill with flu symptoms
 - Cover cough and sneezes into your sleeve/elbow and/or use a tissue, and wash your hands immediately afterward. Throw used tissues in the trash immediately.
 - Bolster your immune system by getting plenty of sleep, eating a healthy balanced diet, drinking increased fluids and decreasing stress levels.

Students can also receive a flu shot at the Health Center. Students should still come in to get their flu shot, Scallon said. The reason H3N2 strain is not being combatted as well by the flu shot is because 50 percent of the strain mutated, which Scallon said is what happens when the virus travels the globe normally. The shot can still protect against many other strains and can shorten the duration of the flu.

However, Scallon said it is difficult to get to faculty and staff to take seriously the advice that “if they feel crummy, stay home.”

“What are the magic words that we say to them? A lot of times, it seems like it has to be a live and learn

deal. Sometimes they have to find out for themselves,” Scallon said.

If you have the real influenza, you’re going to know it, Scallon said. Those who have had the virus know how much they wish the infected would have stayed out of contact with them, and they will hopefully stay home while they are infected.

“Influenza really puts you out of commission for a week and a half. You feel like a truck ran over you,” Scallon said. “Hopefully, they understand if you have a busy schedule and a lot of classes to study for and you don’t want to get way behind, it’s a very wise idea to take care of yourself.”

It is important for students to realize that a trip to the doctor is not going to help them for a virus, Scallon said.

Medicine is only given to those with immune deficiencies, such as the elderly, young children and those with pre-existing health complications.

“We don’t want there to be resistance, so the less we give out is actually better. Young healthy people can fight it off. There are many on campus who do have a situation where they should get anti-virals, but the majority don’t need it,” Scallon said.

SHAO p1

Li again to ask how his relationship was with Shao. Li responded that things were “fine for now,” according to the affidavit. Li’s friends or family

have not heard from him since his plane arrival in China on Sept. 10, according to the affidavit.

Xilu Wang, president of the Chinese Students and Scholar Association, didn’t know Shao personally and

said he understands the case is complicated, but would still like to see the investigation progress.

“From the action of releasing the search warrant, it can be seen that the officials [are] working hard

on our beloved Shao’s case, and I believe one day the justice will be brought to her,” Wang said in a message.

Wang said the incident has shaken up the international community at Iowa State.

“Some feel scared,” he said via phone. “It’s a really rare thing in Iowa. It’s like something in a movie.”

Wang said though people may not talk about the event all the time, but won’t forget about Shao or what happened.

“They will not forget it at all,” Wang said. “Maybe every time [students] travel, they will think about it. ‘Is this going to happen to me one day if I travel around?’ Maybe sometimes if you have an argument with someone you’re close with, you may think about it. The whole international community has been very sad after what happened to her.”

Horoscopes by Linda Black

Today's Birthday (1/12/15)

Grow your networks and expand prosperity this year. Take leadership where you see it missing. Let creative ideas gestate over winter, for spring birth. After March 20, words go farther. Your status rises with a new partnership after April. Build infrastructure. Autumn exploration leads into a domestic phase. It's all for home, family and community. Reap an abundant harvest.

To get the advantage, check the day's rating: 10 is the easiest day, 0 the most challenging.

Aries - 9
(March 21-April 19)
It's easier to give things away for about two months with Mars in Pisces. Go through closets, garages and attics. Complete old projects. Work from behind the scenes. Rest and recharge. Clean up old messes.

Libra - 9
(Sept. 23-Oct. 22)
Work faster and earn more. Power on for excellent service and resulting respect. Don't rely on assumptions or count unkept promises. Something doesn't work by the book. Get productive at work.

Taurus - 8
(April 20-May 20)
Put your heart into your work. Touch people's subconscious desires. Support your team over the next two months with Mars in Pisces. Surprise your partner with a kindness. Anything's possible.

Scorpio - 8
(Oct. 23-Nov. 21)
Weave a romantic spell and express your love. Your actions speak louder than words over the next two months with Mars in Pisces. Stay frugal. Your passion and creativity are in full flower. Play and have fun.

Gemini - 8
(May 21-June 20)
Move forward boldly. Adjust for reality. Unexpected deviations in the road require attention. Slow for fun distractions and sharp turns, as breakage potential is high. Advance in your career.

Sagittarius - 9
(Nov. 22-Dec. 21)
Put your back into it. Pour your energy into your home over the next two months with Mars in Pisces. Hang out with friends in your renewed space and share some fun. Ask for help and get it.

Cancer - 8
(June 21-July 22)
Open to new views. Don't take anything for granted. Home pulls you in like a magnet. Don't bet on a far-fetched scheme. The possibility of error is high. Finish the job first. Arguing doesn't help.

Capricorn - 9
(Dec. 22-Jan. 19)
Communications and transportation flow with greater ease over the next two months with Mars in Pisces. Get what you need delivered. Get into research, writing and brainstorming sessions.

Leo - 9
(July 23-Aug. 22)
Make plans for the future together over the next two months with Mars in Pisces. Revise your budget to hold onto what you have. Invest carefully. Try ideas from your research. Share what you're doing.

Aquarius - 8
(Jan. 20-Feb. 18)
Stick to basics. Don't invest more than you can lose and save more than you spend. Self-esteem grows along with your wallet. Spending temps over the next two months with Mars in Pisces. Grow your income.

Virgo - 8
(Aug. 23-Sept. 22)
Partnership yields highest rewards over the next two months with Mars in Pisces. Physical activity is more fun with someone else, too. Get in action to make some money together. It could get chaotic.

Pisces - 9
(Feb. 19-March 20)
You're getting stronger over the next two months with Mars in your sign. Focus on personal development through contribution to others. Learn something new about each other. An insight inspires you.

Sudoku by the Mephram Group

		9		1				
	3					5		9
	4	8			7			1
			7	1				
5			8	6			9	4
			5	3				
8			6			4	2	
4		3					1	
				3	6			

LEVEL:
1 2 3 4
Complete the grid so each row, column and 3-by-3 box (in bold borders) contains every digit, 1 to 9. For strategies on how to solve Sudoku, visit www.sudoku.org.uk

Crossword

1	2	3	4		5	6	7	8		9	10	11	12	13
14					15					16				
17					18					19				
20					21			22						
23					24	25					26	27	28	
29					30				31		32			
				33			34	35			36			
37	38	39							40	41				
42						43								
44					45	46			47			48	49	50
51					52		53	54			55			
				56						57				
58	59	60						61	62		63			
64						65					66			
67						68					69			

Across

- 1 "Say it isn't so!"
- 5 Slick
- 9 Japanese poem with 17 syllables
- 14 More than simmer
- 15 Natural skin soother
- 16 Caravan stop
- 17 '50s-'60s Ramblers, briefly
- 18 Grand Prix series designation
- 20 Brings in, as salary
- 22 Geeky types
- 23 Controversial Vietnam War defoliant
- 26 Onetime Leno announcer Hall
- 29 Salt, in France
- 30 "___ we there yet?"
- 31 Add to the staff
- 33 Serving at Popeyes
- 36 Gutter site
- 37 Avon or Fuller Brush work, e.g.
- 42 Too
- 43 Country bumpkins
- 44 "I hope you've learned your ___!"
- 47 Pro vote
- 48 Little white lie
- 51 "___-hoo! Over here!"
- 52 What Al Capone led
- 56 Collar attachment

- for Spot
57 "MASH" setting
58 "Sh! Don't tell" and hint to what can precede the starts of 18-, 23-, 37- and 52-Across
63 Cheesy sandwich
64 Dance in a line
65 Actress Garr
66 Autobahn auto
67 Like a truck climbing a steep hill
68 Flower part
69 Tiff

Down

- 1 White House family
- 2 Respect that's "paid"
- 3 Coin with a buffalo, once
- 4 Designer Mary-Kate or Ashley
- 5 Klutzy fellow
- 6 U.N. worker protection gp.
- 7 Doonee of Exmoor
- 8 Red Sea republic
- 9 "Texas" poker variety
- 10 Very small batteries
- 11 Prefix with metric
- 12 Kith and ___
- 13 Exploit
- 19 Hankering
- 21 Button that gets

- things going
24 Sandwich cookie
25 Raring to go
26 Airline with famously tight security
27 Symbol of peace
28 Hair colorings
32 Vegetables in pods
33 The "B" in TV's former The WB network
34 "Your point being..."
35 Target city for Godzilla
37 Tyne of "Judging Amy"
38 Margarine
39 "___ bucco: veal dish
40 Scuba diving area
41 Not tight
45 Familiar adage
46 Evening, in ads
48 Inflammation with enthusiasm
49 Marcos with a shoe collection
50 "Take a hike!"
53 Verifiable findings
54 "Snowy" wader
55 Sauce tomatoes
56 "Othello" conspirator
58 Here, in Le Havre
59 Truck weight unit
60 NBC late-night comedy hit
61 Before, in poetry
62 Tiny Dickens boy

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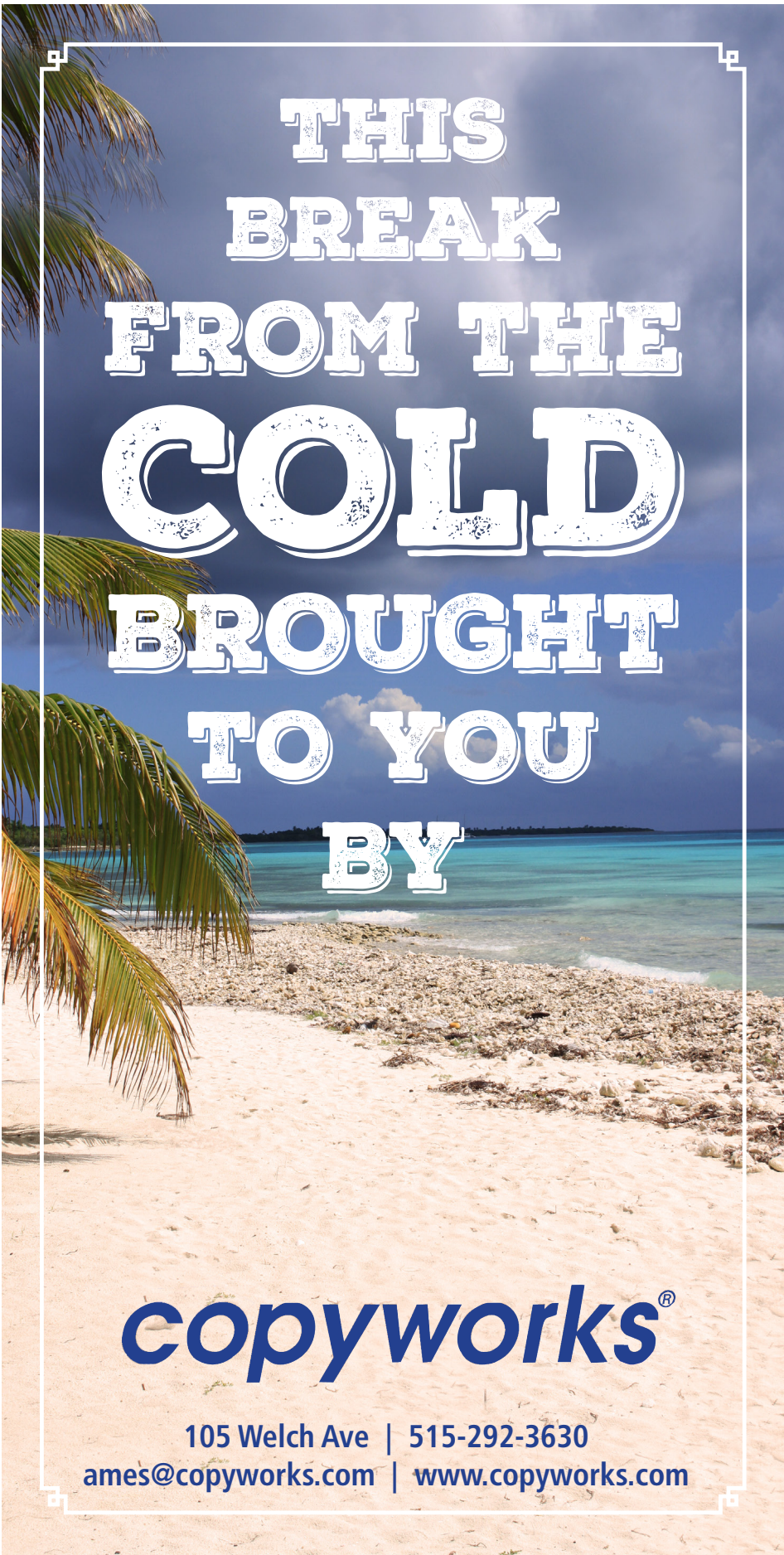
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